



## MCAS MIRAMAR HEALTH PROMOTIONS



### THE AMAZING RACE TO GOOD NUTRITION

Purpose: To promote good nutrition and physical activity on base we are going to conduct our own amazing race.

Event: It will be a one-day UNIT competition with teams of five players. Each team will be responsible for going to six different food outlets on base (commissary, gas station, vending machine, Marine Mart, chow hall and the food court) and purchasing certain foods. Each team has a limit of \$6.00 to use for their purchases. They must bring back all change and receipts.

Each team of five will be responsible for getting some type of food that fits the six categories below. The foods must be balanced, and when put together, could be eaten as a meal.

1. High in fiber
2. Low in fat
3. Contains calcium
4. A healthy beverage
5. Lean protein
6. Healthy dessert

The teams cannot split up and must get around base on foot. You cannot use the same food for more than one category. The first team to finish with a healthy meal wins.

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